WHAT IS CLAIMED IS:

1. A coated sintered cemented carbide body, comprising:

a cemented carbide body;

a first layer adjacent the cemented carbide body, the first layer including Ti(C,N) and having a thickness of from about 3 to about 20 $\mu$m;

an alumina layer adjacent said first layer, the alumina layer including $\alpha$-$Al_2O_3$ or $\kappa$-$Al_2O_3$ and having a thickness of from about 1 to about 15 $\mu$m;

a further layer adjacent the aluminum layer of a carbide, carbonitride or carboxynitride of one or more of Ti, Zr and Hf, the further layer having a thickness of from about 1 to 15 $\mu$m.

2. The coated cemented carbide body of claim 1, comprising:

a friction-reducing layer adjacent to the further layer, the friction-reducing layer including one or more of $\gamma$-$Al_2O_3$, $\kappa$-$Al_2O_3$ and nanocrystalline Ti(C,N),

wherein the friction-reducing layer has a thickness of from about 1 to about 5 $\mu$m.

3. The coated cemented carbide body of claim 1, comprising:

a bonding layer of TiN between the cemented carbide body and the first layer.

4. The coated cemented carbide body of claim 3, wherein the bonding layer has a thickness of from about 0.5 to about 2 $\mu$m.

5. The coated cemented carbide body of claim 1, wherein the Ti(C,N) of the first layer includes CVD Ti(C,N), MTCVD Ti(C,N) or combinations thereof.

6. The coated cemented carbide body of claim 5, wherein the first layer includes a first portion adjacent the cemented carbide body of columnar Ti(C,N) and a second portion of equiaxed Ti(C,N).

7. The coated cemented carbide body of claim 6, comprising a layer of TiN between the first portion and the second portion.

8. The coated cemented carbide body of claim 1, wherein the first layer includes a multilayer of MTCVD Ti(C,N), TiN and TiC.

9. The coated cemented carbide body of claim 1, wherein the alumina layer is $\alpha$-$Al_2O_3$.

10. The coated cemented carbide body of claim 1, wherein the alumina layer is $\kappa$-$Al_2O_3$.

11. The coated cemented carbide body of claim 1, wherein the alumina layer includes a multilayer of from about 4 to about 150 layers of alumina.

12. The coated cemented carbide body of claim 11, wherein each layer of the multilayer has a thickness of from about 0.05 to about 1.0 $\mu$m.

13. The coated cemented carbide body of claim 1, wherein the first layer includes a multilayer of from about 4 to about 150 layers of Ti(C,N).

14. The coated cemented carbide body of claim 13, wherein each layer of the multilayer has a thickness of from about 0.05 to about 1.0 $\mu$m.

15. The coated cemented carbide body of claim 13, wherein the multilayer of Ti(C,N) comprises multilayers of Ti(C,N) interspersed with multilayers of one or more of $Al_2O_3$ and a carbide, nitride, carbonitride or carboxynitride of Ti, Zr, and Hf.

16. The coated cemented carbide body of claim 15, wherein each layer of the multilayer has a thickness of from about 0.05 to about 1.0 $\mu$m.

17. The coated cemented carbide body of claim 1, comprising a layer of TiN disposed atop the further layer, the layer of TiN having a thickness of from about 0.5 to 2 $\mu$m.

18. The coated cemented carbide body of claim 1, wherein the first layer has a thickness of from 5 to 10 $\mu$m.

19. The coated cemented carbide body of claim 1, wherein the alumina layer has a thickness of from 5 to 10 $\mu$m.

20. The coated cemented carbide body of claim 1, wherein the further layer has a thickness of from 2 to 5 $\mu$m.

21. A method of cutting cast iron comprising using the insert of claim 9.

22. A method of cutting steel comprising using the insert of claim 9.

23. A method of cutting steel comprising using the insert of claim 10.

24. A method of cutting steel comprising using the insert of claim 11.